
Gouda Grits

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 25 minutes

4 cups chicken broth

1 cup whipping cream

1 teaspoon salt

1 1/2 teaspoons freshly ground black pepper

2 cups uncooked quick-cooking grits

8 ounces (2 cups) gouda cheese

1/2 cup buttermilk

1/4 cup butter

2 teaspoons hot sauce

In a Dutch oven over high heat, bring four cups of water, the chicken broth, whipping cream, salt and pepper to a boil. Whisk in the grits. Reduce the heat to medium-low. Simmer, stirring occasionally, until thickened, about 15 minutes.

Remove from the heat. Stir in the gouda cheese, buttermilk, butter and hot sauce.

Side Dishes

Per Serving (excluding unknown items): 727 Calories; 49g Fat (60.8% calories from fat); 35g Protein; 36g Carbohydrate; 1g Dietary Fiber; 186mg Cholesterol; 1691mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 7 Fat; 0 Other Carbohydrates.